

July of 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<h2 style="color: blue;">Book of the Month</h2> <div style="border: 1px solid black; padding: 10px; background-color: #ffffcc; margin: 10px auto; width: 80%;"> <p style="text-align: center;">The Book of the month of June is "Plainsong" by Kent Haruf</p> <p style="text-align: center;">Please see Alma to get a copy of the book. Books on CD and cassette tape are also available.</p> </div>		1 9:00 Bone Builders Class (Activity Room) 9:00 Ellsworth Van 10:30 Tea and Coffee in the Living Room 11:00 Walks with Wendy (PC) 11:30 PR Workout in ER 2:00 News from the Bangor Symphony Orchestra Our New Director! (Living Room)	2 10:00 Exercise with Connie 11:00 News Currents (Activity Room) Grilled Hot Dogs afterwards to celebrate "Halfway Point of 2010" 1:00 Bingo 5:00 Social Hour BYO (Library)	3 3:30 Saturday Movie "A Far Off Place" (Parker Court)
4 12:00 NOON BRUNCH Al Clayton Piano  4:15 "Nature Studies" (Parker Court)	5 10:00 Exercise with Connie 1:00 Bingo 4:00 "Exploring Our World, Past and Present" (Game Room)	6 BHMH Lab –(PC) 9:00 Bone Builders Class (ER) 9:30 Blue Hill Van 11:00 Walks with Wendy (PC) 11:30 PR Workout in ER 2:30 Ice Cream Social (Living Room) 4:30 Kneisel Hall Students Performing (Living Room)	7 10:00 Exercise with Connie 9:15-12:15 Portrait Ptrs 1:00 Bingo 3:00 Baptist Worship Service (Library) 4:00 Reading Circle Reader TBA (Living Room)	8 9:00 Bone Builders Class 9:00 Ellsworth Van 10:30 Tea and Coffee in the Living Room 11:00 Walks with Wendy 11:30 Romeo's and Juliet's Luncheon Denet's Wharf in Castine Please Sign Up!	9 10:00 Exercise with Connie 11:00 News Currents (AR) 3:30—4:30 Nichols Eye Care in the Den 1:00 Bingo 2:30 Cinquain Po- etry Writing with Alma (Library) 5:00 Social Hour BYO	10 8:00—1:00 Parker Ridge Yard Sale (under the car port) 3:30 Saturday Movie "The Cider House Rules" (Parker Court)
11 12:00 NOON BRUNCH 4:15 "Nature Studies" (Parker Court)	12 10:00 Exercise with Connie 10:30 Belfast Bay Cruises A Cruise or shopping... Bring a lunch! Please Sign Up! 1:00 Bingo 4:00 "Exploring Our World, Past and Present" (Game Room)	13 BHMH Lab –(PC) 9:00 Bone Builders Class 9:30 Blue Hill Van 11:00 Walks with Wendy (PC) 11:30 PR Workout in ER 12:30 — 2:30 Manicures or Hand Massages with Alma Please Sign Up! (The Game Room) 4:30 Kneisel Hall Students Performing (Living Room)	14 10:00 Exercise with Connie 9:15-12:15 Portrait Ptrs. 1:00 Bingo 2:15 Fun Conversation Starters with Alma in Parker Court 4:00 Reading Circle Reader Gayle Durnbaugh (Living Room)	15 9:00 Bone Builders Class (Exercise Room) 9:00 Ellsworth Van 10:30 Tea and Coffee in the Living Room 11:30 PR Workout in ER 11:00 Walks with Wendy (PC) 1:00 A Trip to the Jonathan Fisher House in Blue Hill Please Sign Up!	16 10:00 Exercise with Connie 11:00 News Currents (AR) 1:00 Bingo 4:00 Brian Dickson "Irish Tunes" Singing and Performing 5:00 Happy Hour (Living Room)	17 3:30 Saturday Movie "Imitation of Life" (Parker Court)
18 12:00 NOON BRUNCH 4:15 "Nature Studies" (Parker Court)	19 10:00 Exercise with Connie 9:30 A Trip to Southwest Harbor - A picnic in the Butterfly Garden, Ice Cream in the Park and a drive to Seawall Please Sign Up! 1:00 Bingo 4:00 "Exploring Our World, Past and Present" (Game Room)	20 BHMH Lab –(PC) 9:00 Bone Builders Class (Exercise Room) 9:30 Blue Hill Van 11:00 Walks with Wendy (Parker Court) 11:30 PR Workout in ER 3:30 Art Project with Paula Dougherty "Water Color Painting" (Parker Court)	21 10:00 Exercise with Connie 9:15-12:15 Portrait Ptrs 1:00 Bingo 1:00—3:00 Foot Clinic with Patsy Murray, R.N. 1:00—4:00 Acadia Hearing Center Services (Den) PLEASE SIGN UP! 4:00 Reading Circle Reader TBA (Living Room)	22 9:00 Bone Builders Class (Exercise Room) 9:00 Ellsworth Van 10:30 Tea and Coffee in the Living Room 11:00 Walks with Wendy (Parker Court) 11:30 PR Workout in ER 11:00 Cottage Cruisers to Anne Cushman's in Deer Isle (Please Sign Up!)	23 10:00 Exercise with Connie 11:00 News Currents (AR) 3:30—4:30 Nichols Eye Care in the Den 1:00 Bingo 4:00 Friday Afternoon Big Band Music with Wendy and Dancers (Activity Room) 5:00 Social Hour BYO (Library)	24 3:30 Saturday Movie "Last Chance Harvey" (Parker Court)
25 12:00 NOON BRUNCH 4:15 "Nature Studies" (Parker Court)	26 10:00 Exercise with Connie 1:00 Bingo 2:15 Trivia Time (Parker Court) 4:00 "Exploring Our World, Past and Present" (Game Room)	27 BHMH Lab –(PC) 9:00 Bone Builders Class (E.R.) 9:30 Blue Hill Van 11:00 Walks with Wendy (PC) 11:30 PR Workout in ER 12:30 — 2:30 Manicures or Hand Massages with Alma Please Sign Up! (The Game Room) 4:30 Kneisel Hall Students Performing (Living Room)	28 10:00 Exercise with Connie 9:15-12:15 Portrait Ptrs 1:00 Bingo 3:30 "Evensong" Acapella Singers in the Living Room 4:30 Reading Circle Reader Gayle Durnbaugh (Living Room)	29 9:00 Bone Builders Class (Exercise Room) 9:00 Ellsworth Van 10:30 Tea and Coffee (LR) "Celebrating July Birthdays" 11:00 Walks with Wendy (PC) 11:30 PR Workout in ER 3:00 ~ Sara Huisjen ~ "Aging Well in the Later	30 10:00 Exercise with Connie 11:00 News Currents (AR) 1:00 Bingo 2:15 Parker Ridge Book Club Discussion (Library) Dr. Scovin Podiatry Services Please call for an appointment. #667-3033 5:00 Social Hour BYO (Library)	31 3:30 Saturday Movie "Radio" (Parker Court)